



Physiotherapy & sports injury clinics Clinic Newsletter

27 High Street, South Queensferry
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Issue 3

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Watch our Window

- Oct** Repetitive Strain Injury / Breast Cancer Month
Nov Homeopathy
Dec Christmas
Jan New Year

For more clinic information please visit:
www.jwphysiotherapy.co.uk

Chartered Physiotherapists

Jean Winning
Fiona Grant
Karen Grant
Susan McDonald



Staff Profile – Fiona Grant, Physiotherapist and Partner

Having been born and raised in NZ to Scottish parents, I always wanted to visit Scotland – little did I think that it would become my home! Following my training I worked briefly in NZ before heading off on my “OE” (overseas experience). The next few years were spent travelling in Europe, the Middle East and South America, and was funded by doing locum work around the UK. In 1990 I first

came to Scotland, and after locum posts in Glasgow and Edinburgh took the big step of permanent work at the BUPA Murrayfield Hospital where I had two periods of employment punctuated by a year living and working in Abu Dhabi. My wanderlust then returned, but after several trips and a spell back in NZ I returned to Edinburgh, a city I had grown to love. When the opportunity to join

the team at JW Physio arose I felt that this was

too good to pass up and a year later I have no regrets. I believe this is the ideal place to bring together my many work and personal experiences, and look forward to contributing to and continuing on the professional and holistic approach of the clinic in the years ahead.



Health talks to Queensferry Primary School

In May, Queensferry Primary School organised a Health Fair for their P4 - 7 children and invited Physiotherapist Jean Winning and Chiropodist Kirsty Hodge to come along and chat to them.

Jean, accompanied by Ann McKechnie (our Aromatherapist), talked about ‘exercise’, ‘spine anatomy’, ‘muscles’, ‘warming up & cooling down before and after exercise’ and ‘how to carry school bags properly’. The children even had fun trying out ‘wobble boards’ (to improve balance), an exercise ball and stretch bands. A fun time was had by all!

Kirsty talked about ‘foot health’, which included ‘foot anatomy’, ‘common foot complaints’ and ‘footwear advice’. The children got a chance to draw around their feet and shoes on a piece of paper to check if their shoes fitted. The talk ended with a quiz to see how much they remembered!

Thanks to Margaret Brown and Queensferry Primary School for inviting us and to the children for being so attentive. Below are some quotes from the children’s thank you letters.

“Thank you for coming to our school. We do all the stretches every morning and before and after all the sports we do. We also enjoyed learning about posture and seeing the plastic spine.” BM & SF (P6)

“I really enjoyed learning about feet, when we told our teacher about it she learned a lot too. I also enjoyed learning about different illnesses”. KG (P4)

Treatment information – Homeopathy & Flower Essences

Homeopathic remedies and flower essences use tiny amounts of plants or flowers to stimulate the body’s own ability to heal itself. They are taken in pill or liquid form and are especially supportive in times of stress or crisis.

“I was told by the Dr I’d need a hysterectomy for menopausal problems but after Homeopathic treatment I didn’t need an operation.” MM

“I’ve suffered from asthma since I was a child and in the winter would get every illness going. Since I’ve been seeing a Homeopath I feel better than I have for years and don’t need antibiotics all the time now”. RF

“My daughter was behaving appallingly after her brother was born and it was really affecting family life. After taking a flower essence she turned into an angel child, it was amazing.” AV



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Registered Chiropodist (Podiatrist)



Accredited by the
Society of Chiropodists
and Podiatrists

Kirsty Hodge

Clinical Aromatherapist

Ann McKechnie

Try Clinical Aromatherapy or
Swedish Massage
and feel the
difference!



Homeopathy & Flower Essences

Robyn McDonald
MLC.Hom MHMA

Clinic News

We have lots of news to report since our last issue.

Since the 1st July Fiona Grant, our Physiotherapist, has become a formal partner in the JW Physiotherapy & Sports Injury Clinics business.

Congratulations to Fiona and lots of luck

to her and Jean for the future.

Jan Schyma (Homeopath) has left to start her PhD at Queen Margaret University College.

Jan started the newsletter idea, not realising how successful it would be! Best wishes to Jan with her further

studies.

Our newest member to the clinic is Robyn McDonald and will be offering a service in Homeopathy. We wish to welcome Robyn to the team and are sure she will do well.

Congratulations also to Linda Dodgson, our Counsellor, who had a healthy baby boy.

Help!

Question: How can Homeopathy help my immune system?

Answer: If you are feeling unwell and know you pick up everything going around, your immune system needs assistance. Constitutional treatment by a Homeopath can rebalance and build up your whole body, strengthening your ability to fight off infection.

Question: My feet become very cold in winter, how can I prevent this?

Answer: The best way to deal with cold feet is to prevent heat loss by keeping feet warm and dry. Thick natural fibre socks (e.g. wool) and correctly fitting leather shoes have insulating properties. Keeping mobile will help to improve the circulation to the extremities. Cold feet are usually a natural consequence of cold weather. If, however, your feet are constantly cold (even in warmer climes) you should seek medical advice as the condition may have an underlying cause.

Did You Know?

We are not always physically suited to the jobs we do. Often people end up in jobs that do not suit them physically for lots of reasons. This does not mean you have to change jobs but it would be sensible for you to do



a physical activity or sport that would stretch you in the evenings. This means that your joints are being put through their paces, which is good for them. It will also keep you fitter helping to prevent episodes of back pain.... and so we turn full circle.

Products available to buy – TENS unit & accessories

TENS stands for “Transcutaneous Electrical Nerve Stimulation” and is used for pain relief. Small electrodes are placed over the painful area and a comfortable electrical current is passed through them. This over-rides the body’s perception of pain. TENS is safe to use, especially for people who cannot take medication.



Clinical Reflexology Helen Watt



NHS Approved

Counsellor



Linda Dodgson
RGN RMN BSc Dip Couns

Health Tip Getting ready for winter

Exercise can help beat those winter blues by creating a feeling of well-being. So, wrap up warm and get out for a brisk walk.

